

Norman Park Center

March / April 08

Maximizing Your Memory **Saturday, March 8th 10:30 am**

The San Diego Alzheimer's Association is presenting this great educational opportunity. Memory is a concern for seniors and people of all ages. Although memory problems and loss of mental activity can occur in the aging process, a few lifestyle changes can greatly improve memory function. After attending this workshop, participants will be able to identify types of memory, learn several memory exercises and understand strategies for improving memory. This event is at the Civic Center Library, 365 F Street.

CV Senior Club **Hot Diggity Dog BBQ**

Thursday April 10 12:00 pm

Join us for lunch! The Chula Vista Senior Club is serving up hot dogs, beans, chips and dessert.

Cost: \$4.00 for members in advance.
\$5.00 for non members day of the event.



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West Nile Virus Awareness Event **Thursday, April 24th 12:30 pm**

On April 24th, the county of San Diego will hold a media event at Norman Park Center in conjunction with the National West Nile Virus Awareness Week. This event is meant to educate residents and raise awareness about West Nile Virus. Speeches will be given by a survivor of the West Nile Virus, Supervisor Greg Cox and Public Health Officer Dr. Wilma Wooten. Residents can learn about the increased risk that West Nile Virus poses to people over the age of 50, some tips for protection against the virus, and the proper selection and use of insect repellent.



Special Notices



*Directions & Connections for
People Over 50*
Visit Life Options Annex at
Norman Park Center

Call (619) 691-5086
For an appointment

A place to find information and
opportunities for those over 50
looking for an active and
rewarding retirement.

- Education & Learning
- Civic Engagement
- Second Career Training
- Health & Fitness
- Recreation & Travel



Center Hours

Mon., Tues., Wed., Fri.
8:00 am - 4:00pm

Thursday
8:00 am - 9:30 pm

Center Closures

Monday, March 31st
(Cesar Chavez Day)

Daylight Savings starts March 9th!
Set your clock up an hour when you
go to bed Saturday night.
SPRING FORWARD!



Senior Center Tour and Orientation

Thursday, March 6th & April 3rd 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Aligned and Pain Free : Joint Mobility Workshop

March 28th 1:00 - 1:45 pm

April 25 1:00- 1:45 pm

This free class will teach you techniques to improve your posture, reduce pain and feel young again!

Supported by a grant from Scripps Health and AHEC
Registration required.

Shuffleboard

Tuesdays & Thursdays 9:00 am-Noon

You are invited to play shuffleboard! This is a very gentle and entertaining game we play every Tuesday & Thursday from 9 till noon. We will be very happy to help beginners get started. Come out and enjoy.

Circuit Training

Mondays & Wednesdays 9:15-10:30am

This program works on strength and balance using a variety of the fitness center equipment. Students work at their own level and pace.

Semester cost through June 12: \$16.00 Residents \$20.00 Non-Resident

Senior Pilates Program

Mon. & Wed. 10:30– 11:30 am

Mon. & Wed. 5:00– 6:00 pm

Want to create a body that looks and feels ageless? Need to build strength an improve balance? Looking for ways to reduce or eliminate back and joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents
Supported by a grant from Scripps Health

Classic Film Series

Wed. March 5th 1:00 pm - Barbara Stanwyck in director Frank Capra's exotic film that takes place in war-torn China in the 1930's.

Wed. April 2nd 1:00 pm - Come see one of the best musicals of all time. This entertaining film from 1953 stars Fred Astaire, Cyd Cherisse and Nanette Fabray.



Special Notices



The Inquirers Group **Tuesdays 10:00am– 12:00pm**

The Inquirers Group welcomes you to view top-notch documentaries on science, the environment, politics, and even sex and religion, which will serve as a springboard to lively, round-table discussions. Come and stimulate your brain and make new friends.

MEN'S GROUP & LUNCH **Tuesday, March 11 12:15 pm** **Tuesday, April 8 12:15 pm**

The Men's Group in March & April. will discuss men's health and social issues. This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician and lunch are provided through a grant from Scripps Health.



INTRO. TO COMPUTERS **Friday, March 7th** **Friday, April 4th** **10-12:00pm**

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free! Pre-registration is required. This class is designed for persons with NO computer skills/experience. Call 691-5086.

Cribbage **Wednesdays 10:00 am**

There's a new cribbage group meeting on Wednesdays at 10:00 am. This group meets weekly by the fireplace. Experienced and new players are all welcome!

OUT 2 LUNCH BUNCH **Wednesday, March 12th & April 9th** **1:15 pm**

This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On March 12th, the group will have lunch at Chili's at Otay Ranch. On April 9th, the group will be eating at Trophies.

Please call Shani at 691-5086 to register.



BILLIARDS TOURNAMENT **12:00 pm** **Thursday, March 27th** **Thursday, April 24th**

The sign up sheet is in the Pool Room.



BALLROOM DANCE **Mondays 1:00 pm**

The ballroom dance class is looking for more members . This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. Beginning March 3rd the cost is \$3.00 for residents and \$3.75 for non-residents

Volunteer Meeting **Thursday, March 13th 10:00 am**

Volunteers, if you are a hostess or assist the Chula Vista Senior Club with special events, this meeting is for you. Please join us for the information, refreshments and sharing.

Welcome to Medicare Made Clear **Monday, March 17th 10:00 am**

Please join us for a presentation on understanding your medicare options and supplement plans. Come prepared with questions.





Health & Safety



Anna's Wellness Column

"Nothing is predestined: the obstacles of your past can become the gateways that lead to new beginnings."

- Author Unknown

Health and wellness are multi-dimensional concepts, ever-changing and evolving, involving not only what we eat or how much we exercise, but the way we view ourselves, others, and the world around us.

Many of us may have made goals for the new year with the thought of improving our lives. Exercising more, eating better, dropping a few pounds, spending less money, and being more positive are just some of the common resolutions that people make. As we approach the first quarter of the year, many of us may not have approached the level of success that we had hoped for at this benchmark.

On that note, I would like to share the following ideas to help keep you moving forward:

Give yourself credit and stay focused. A big part of self-improvement is awareness of what you want to achieve and making up your mind that you are ready to do something about it. Bear in mind that bad habits or complacency did not happen overnight and you shouldn't beat yourself up if you have not seen the results you had expected by this time.

Make a sacred space for yourself. Create a positive and uplifting area in your living space where you dream, reflect, meditate, pray and/or just relax, a place that can calm you and soothe your soul.

Try different things until you find something that works for you. For example, if you want to exercise more and you don't like group exercise classes or watching exercise videos, try bike riding or walking.

Go green. Helping to preserve mother earth and her resources for ourselves and future generations can be extremely fulfilling. Examples include simple things like turning off the water when you are brushing your teeth or shaving, replacing regular light bulbs with energy smart ones and unplugging appliances when you are not using them.

Remember, only you can empower yourself, with your thoughts and with your actions.

Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- April, May, and June

\$28 Residents

\$56 Non-residents

- March only \$10

For Fitness Center hours and orientation times see page 12.

Scripps Health Talks

****Supported by a grant from Scripps Health****
Refreshments Served. Please Register in Advance.

"It's Never Too Late to Get Healthy"

Mon., March 10th 12:00 pm

A health-promoting lifestyle - eating well, being active, not smoking - can cut overall risk of heart disease by 80 percent, cancer risk by 60 percent and diabetes risk by 90 percent. "Healthy living is the most powerful medicine of all". It requires no prescription, and all of the side effects are beneficial, too.

"Women's Cancer Concerns"

Mon., April 14th 10:00 am

This health talk will focus on prevention and risk factors for cancers common in women. Learn how a healthy lifestyle and early detection can help you.





Daily Events



Group	Day	Time	Group	Day	Time
Art-Watercolors	M	9:00 am			
Bereavement	Th	1:00 pm	Exercise		
(San Diego Hospice)			(Tai Chi)	W	9:30 am
Blood Pressure	F	8:30 am	Quilting	Tu	1:30 pm
(Red Cross)			Scrabble	M, W, F	12:30 pm
Bridge-Chicago	M, Tu, F	12:30 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-Duplicate	W	12:30 pm	Singing Seniors	Tu	1:30 pm
Bridge-FarnumDup	M	6:00 pm	Spanish	W, F	9:45 am
Bridge- SanctDup	F (1st-3rd)	12:30 pm	Spanish, Conv.	M,W,F	10:00 am
Casual Crafters	W	9:30 am	TOPS	F	12:00 pm
Computer and	W	1:00 pm	Ukulele Class	Tu	10:00 am
Camera Club			World Affairs	M	10:00 am
Computer Lab	W	12:00 pm	Yoga (Chair)	W	7:15 pm
Computer Lab	F	10-12 pm	Yoga	Th*	5:00 pm
Computer Lab	F	1:00 pm	Yoga	Th*	7:15 pm
Creative Writers	Tu	2:00 pm	Yoga	F	8:00 am
Cribbage	W	10:00 am			
Dance-Ballroom	M	1:00 pm			
Dance-Line/Adv.	Tu	9:45 am			
Dance-Line/Beg.	Tu	10:45 am			
Dance (Tues. Night)	Tu	6:30 pm			
Dance- Square	F (1st-3rd)	7:00 pm			
(Calico Twirlers)					
Exercise	M- Th	8:00 am			
Exercise	Tu	9:00 am			
(Longevity Stick)					
Exercise	Sa (Marina)	8:00 am			
(Longevity Stick)					
Exercise	W	6:00 pm			
(Strength Training)					

* No class the first Thurs of March & April

* Yoga Thurs pm \$25.00 for semester

Line Dance	Tue	\$3/\$3.75 resident/non resident
Night Dance	Tue	\$5 for all
Square Dance	Fri	\$5 for all
Strength Tr.	Wed	\$1/\$1.25
Ballroom Dance	Mon	\$3/\$3.75



Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	March 19 & 21 April 16 & 18	W & F	12:30 pm	\$10.00	(619)641-7020

Computer Classes - See Page 9

Circuit Training- See Page 3

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1 Fitness Center Open 8:30-11:00 am Every Saturday!
2	3 Pilates Join Today! 10:30 am or 5:00 pm	4 6:30 CV Senior Club Dance	5 1:00 Classic Film Series	6 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	7 10:00 Intro to Computers Sr. Net Lab 1:00 Movie Time Rm 9	8 10:30 am "Maximizing Your Memory" Workshop at Civic Library
9 Daylight Savings Time Begins	10 10:00 Health Chat Rm. 9 "It's Never Too Late to Get Healthy" 6:00 Duplicate Bridge	11 1:30 Dialysis Support Group 12:15 Men's Group Lunch Rm 7 6:30 CV Senior Club Dance	12 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission On Aging	13 10:00 Volunteer Meeting Rm 9	14 11:00 American Korean Group Rm 9, 10	15
16	17 10:00 "Medicare Made Clear" Rm 9 6:00 Duplicate Bridge	18 12:30 La Ronda Rm. 9, 10 1:30 Sing-a-long Fireplace 6:30 CV Senior Club Dance	19 12:30 AARP Driver Safety Program Rm 10	20 8:30 Vision Support Group 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6	21 12:30 AARP Driver Safety Program Rm 10	22
23	24 6:00 Duplicate Bridge	25	26 12:00 CV Art Guild Rm 9-11	27 10:00 Pot 'O' Gold Bingo and Ice Cream Sundaes 12:00 Billiards Tournament Game Room	28 11:45 Duplicate Bridge Rm 7, 8 12:00 Club Amistad Board Rm 9, 10 1:00 Mobility Workshop Fit Ctr 1:00 Investment Club Conf. Rm	29
30	31 Closed for Cesar Chavez Day	6:30 CV Senior Club Dance				

AJPRI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 6:30 CV Senior Club Dance	2 1:00 Classic Film Series Rm 11	3 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	4 10:00 Intro to Computers Sr. Net Lab 1:00 Movie Time Rm 9	5 Fitness Center Open 8:30-11am Every Saturday!
6	7 6:00 Duplicate Bridge	8 12:15 Men's Group Lunch Rm 7 1:00 Dialysis Support Group Rm 9 6:30 CV Senior Club Dance	9 12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch 3:00 Commission On Aging	10 CV Senior Club 12:00 Hot Digity Dog BBQ	11 11:00 American/Korean Group Rm 9,10	12
13	14 10:00 Health Chat Rm 9 "Women's Cancer Concerns"	15 12:30 La Ronda Rm 10-11 1:30 Sing-a-Long Fireplace	16 12:30 AARP Drivers Safety Program Rm 10	17 8:30 Vision Support Group 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6	18 12:30 AARP Drivers Safety Program Rm 10	19
20	21 6:00 Duplicate Bridge	22 6:30 CV Senior Club Dance	23 12:00 CV Art Guild Rm 9-11	24 12:00 Billiards Tournament 12:30 West Nile Virus Awareness Event 1:00 CV Senior Club Birthday Party	25 11:45 Duplicate Bridge Rm 7, 8 12:00 Club Amistad Board Mtg. Rm 9 1:00 Mobility Workshop Fit Ctr 1:00 Investment Club	26
27	28 6:00 Duplicate Bridge	29 6:30 CV Senior Club Dance	30			

Around Town Classes



Salt Creek Rec. Center

2710 Otagay Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

Veterans Park

Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes offered. Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility

Tues./Thurs., 2:00 pm - 2:30 pm Free.

Enjoy this fun class that's good for you too!

Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

Loma Verde Family

Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

Town Center Manor

Exercise:

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Cooking/Nutrition

Tuesday 11:00 am

English as a Second Language

M 1:00 pm

Exercise Class

M W F 10:30 am

Computer Class

Tuesdays 2pm

Kiku Gardens

1260 3rd Avenue 422-4951

English as a Second Language

(ESL)

Mon, 2:30 pm

Abacus & Brain Development.

Thurs. 2:00 pm

Southwestern College **Continuing Education**

Class held at: Veterans Home 700 E. Naples (619)482-6376

Special Notice

Income Tax Preparation Assistance **Continues through Monday, April 14th.**

The AARP's income tax volunteers will assist low income seniors in filling out federal and state forms. This service is provided free of charge. Mondays and Fridays is on a first come first serve basis. Sign Up sheets for the day will be posted on the driveway gate at 7:30 am. Norman Park Center opens at 8:00 am. Appointments will be available on Wednesdays and Thursdays by calling 691-5086. be sure to bring all supporting documents: (W-2, last years return, Social Security statement, and bank statements, etc.).

Volunteer/Job/Stipend Opportunities

Life Options: Everyone is a Winner!

Have you recently retired or about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay. Call (619) 691-5086 to make an appointment.

"SNAP" School Nutrition Advocacy Program

Do you have a flair for nutrition or a desire to nurture or mold children? The students at various elementary schools in Chula Vista need your guidance. Come eat lunch with the children and encourage them to eat their fruits and vegetables. Time commitment is only 1- 1/2 hours per week. Call Heather Namora at 498-8042.

Health Outreach

Norman Park is looking for volunteers to provide health information to seniors. The "Promotoras" or health outreach volunteers will speak at the senior residences, mobile home parks and to senior social groups about important health issues. Promotoras will be trained by Scripps Health and Well Being Center staff and will receive a stipend for their work. Pick up an application in the Norman Park office.

Computer Corner



SeniorNet Computer Classes

SeniorNet Membership: \$40/yr (check required)

Class Fee: (all 4 week classes)

\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Wednesday, April 2,9,16,23 9:00am-Noon

Tuesday, May 6,13,20,27 9:00am-Noon

Monday, June 9,16,23,30 9:00am-Noon

This series of courses starts with the basics.
Materials are Based on Windows XP

Digital Photos and Stuff:

Thursday, April 3,10,17,24 1:00pm-4:00pm

Thursdays, May 1,8,15,22 1:00pm-4:00pm

Thursday, June 5,12,19,26 1:00pm-4:00pm

Advanced Internet/Email:

Tuesday, May 6,13,20,27 1:00pm-4:00pm

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.



Class schedules are available at Norman Park Center.

Club News

Chula Vista Senior Citizens Club 2008 Officers

President: Vera Wuestenberg
1st Vice President:
2nd Vice President:
Secretary: Barbara Guerrero
Treasurer: Rosemary Haas



We Need Your Help!

The Chula Vista Senior Club needs your help! A Vice President is needed for it's board of officers. Please help the club and join the Board for 2008.



CV Senior Club Pot of Gold Bingo

Thursday, March 27th 10:00 am

It's a morning of "lucky" bingo and ice cream sundaes. Join the fun, prizes will be given to the bingo winners! Cost: \$1.00

Oxford Senior Citizens Club
Boys & Girls Club/Lauderbach Ctr.
333 Oxford St. Chula Vista
407-4774
Potluck and Birthday Party
March 28th

Trips

Plan to join the Oxford Club on a trip to Avi in Laughlin. The dates are April 14th-16th.

Cost: \$88.00 single or \$78.00 each for a double.

March 11th	Viejas Trip
May 13th	Viejas Trip
\$11.00 for the first time, after that only \$3.00	

Call Rebecca for trip details and to sign up.
(619) 691-7755

Chula Vista Senior Citizens Club

Potluck & General Meeting

Thursday, March 6th 12:00pm

Thursday, April 3rd 12:00 pm

Please join the Club for it's March and April Potlucks. Bring a dish to share with 6 to 8 people. A business meeting follows at 12:30.

Birthday Party

Thursday, April 24th 1:00 pm

Cake and Ice Cream will be served. March and April birthday folks are free, all others pay \$1.00

Tuesday Night Dance

Tuesdays 6:30 pm

Join this great group every Tuesday Night in March and April, for music and dancing!

****\$5 at the door****

March 4th - "Hug a G.I."

March 11th - "Johnny Appleseed Day"

March 18th - "Wearin' O'da Green"

March 25th - "Formal Night, Easter Parade
Hat Night"

April 1st - "April Fools Day"

April 8th - "Wish Upon a Star"

April 15th - "Tax Day"

April 22nd - "Earth Day"

April 29th - "Formal Night"



Movie Time!

Thurs., March 7th 1:00 pm

This intense drama starring Russell Crowe and Denzel Washington takes place in New York City. A NYC detective is trying to bring down a notorious crime-boss, Frank Lucas.

Popcorn will be served!



Special Notices



Above and Beyond Volunteer, Kevin Ryan

Born in Detroit, Michigan, Mr. Ryan has resided in various places including England, and has resided in Chula Vista since 1979. After 30 years in the publishing industry, he is now retired but keeps exceptionally active.

He volunteers his time to numerous organizations including the Chula Vista Literacy Team, SeniorNet, Life Options and of course, Norman Park Senior Center.

Kevin volunteers because he finds the activities interesting and likes to meet people. His other interests include traveling and he has visited Europe, South America and Japan.

We applaud Mr. Ryan's diverse talents and generosity.

Mining California Gold

The purpose of the "Mining California Gold" project is to encourage individuals to share their life-time of experience, knowledge and talent in a cooperative effort to find ways to improve our community.

There is a suggestion box-of-gold in the foyer for your ideas. No idea too small, too big, too insignificant: Have an idea, share it with your "Community Service Committee". Join us in a brain-storming session. We meet at Norman Park Center on Wednesday morning at 9:00 am.

Please refer to our display in the foyer for updates on our latest focus and also review the things pending, from the "box of gold". If you can't sleep at night because you have something on your mind that we need to "brainstorm", email us at: goldmininginfo@cox.net.

Digital TV-Are You Ready?

If you receive free TV using an antenna and your TV is not digital, you need to take action sometime before February 17, 2009. The digital transition will provide a better viewing experience for consumers. You must (1) buy a converter box that will plug into your current TV (2) buy a TV with a digital tuner or (3) connect the analog TV to cable or a pay service.

The Federal government is offering US households up to two \$40.00 coupons to help pay for a converter box. You may apply online or by phone.

Online: www.DTV2009.gov Phone: 1-888-DTV-2009

Commission On Aging

The Commission on aging is looking to fill two vacant commissioner positions. The commission recommends and advises the City Council and City Manager on matters affecting the senior residents of Chula Vista. This commission provides a forum where senior citizens may voice their concerns and suggestions

This group meets on the 2nd Wednesday of the month at 3:00pm in the Norman Park Conference room. If you are interested in this position please contact the center at 691-5086.

Count the Hearts Contest Winners!

The Jan./Feb. Newsletter was sweetened with 25 Hearts. Congratulations to the winners:

Pam Blakely
Jerrie Smith
Wanda Tribble

Count the Irish Hats Contest

Three winners will be drawn randomly

Count the Irish Hats Contest

Name:

Phone:

Number of Irish Hats:



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril	Kristen Johnson
Michele Schlanbush	Frank Martinez
Jim Craig	Danette Myers
Shani Crawley	Yadira Sanchez
Millie Day	Anna Solis
Pedro Garcia	Christopher Taylor
Adolfo Herrera	

Phone Numbers

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

New Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, F 8:00 am– 4:00 pm

Thursday 8:00 am– 9:30 pm

Fitness Center Hours

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910